

Join Us for a Free Webinar:

2010 Dietary Guidelines for Americans:
Foods to eat *Less* of and *More* of!

Thursday, March 8, 2012
2:00 – 3:30 pm EST

[Click here](#) to register.

To help kick off March's National Nutrition Month, the American Society for Nutrition will be conducting a free webinar featuring USDA's Center for Nutrition Policy and Promotion who will provide an overview of Chapters 3 and 4 of the *2010 Dietary Guidelines for Americans*, as well as practical tips for incorporating the guidelines into everyday life.

Continuing education credits for Registered Dietitians will be provided.

This webinar series hosted by the American Society for Nutrition has been funded by Weight Watchers® through an unrestricted educational grant.